

Waldorf Fruit Salad

Meal Components: Fruits

Salads, E-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh apples, cored, unpeeled, chilled, diced	2 lb 2 oz	2 qt 1 cup	4 lb 4 oz	1 gal 2 cups	1. Sprinkle apples with lemon juice to prevent discoloration.
Frozen lemon juice concentrate, reconstituted		1/4 cup		1/2 cup	
Canned mixed fruit, chilled, drained	3 lb 4 oz	1 qt 3 cups (3/4 No. 10 can)	6 lb 8 oz	3 qt 2 cups (1 1/2 No. 10 cans)	2. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine.
*Fresh celery, chilled, chopped (optional)	7 1/2 oz	1 3/4 cups 2 Tbsp	15 oz	3 3/4 cups	
Raisins (optional)	10 oz	2 cups	1 lb 4 oz	1 qt	
Reduced calorie salad dressing	6 oz	3/4 cup	12 oz	1 1/2 cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	6 oz	3/4 cup	12 oz	1 1/2 cups	

3. CCP: Cool to 41° F or lower within 4 hours.
Cover. Refrigerate until service.

Chopped walnuts 8 1/2 oz 2 cups 1 lb 1 oz 1 qt

4. Add nuts before service. Toss lightly. For best results, use same day.

5. Portion with No. 12 scoop (¾ cup).

Notes
Comments: *See Marketing Guide.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Apples	2 lb 6 oz	4 lb 12 oz
Celery	9 oz	1 lb 2 oz

Serving	Yield	Volume
1/3 cup (No. 12 scoop) provides 1/4 cup fruit.	50 Servings: about 6 lb 14 oz 100 Servings: about 13 lb 12 oz	50 Servings: about 1 gallon 1 pan 100 Servings: about 2 gallons 2 pans

Nutrients Per Serving					
Calories	70	Saturated Fat		Iron	
Protein	1 g	Cholesterol	1 mg	Calcium	9 mg
Carbohydrate	9 g	Vitamin A	109 IU	Sodium	32 mg
Total Fat	4 g	Vitamin C	2 mg	Dietary Fiber	1 g